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Racial profiling study exceeding expectations

Research. When data collection portion ends, it will be analyzed and turned into a report by a York University research team



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A groundbreaking Ottawa police racial profiling study has collected information from 90,000 traffic stops in about two years and is exceeding researchers' expectations.

An update on the Traffic Stop Race Data Collection Project was presented at the Ottawa Police Services Board meeting on Monday night, months before the end of the first phase.

Since June 2013, Ottawa police officers have been collecting race-based data during regular traffic stops.

The recorded information includes the reason for the stop and the officer's

Budget

The study costs more than \$400,000 and is so far within budget, according to Insp. Pat Flanagan.

"perception" of the driver's race.

When the data collection portion of the study ends in June of this year, it will be analyzed and translated into a report by a York University research team.

The project is the result of an agreement between the Ottawa Police Services Board and the Ontario Human Rights Commission.

It follows a 2005 incident in which Chad Aiken, an African-Canadian Ottawa man, was pulled over by police.

He complained to the Ontario Human Rights Commission, alleging he had been stopped because of the colour of his skin.

Insp. Pat Flanagan, the project lead for the Ottawa Police Service, said this study is a "starting point"

for the OPS. Depending on the results, the study could reshape Ottawa police training or its racial profiling policy.

"If you can't measure the issue, you can't manage it and it makes it that much harder to put context to it," he said, adding the OPS strives to be neutral and unbiased.

By June, the study could collect data on up to 120,000 stops.

"By Canadian standards, that's astronomical," said Lesley Jacobs, a professor and member of the York University research team, noting that a Canadian sample size is usually 3,500.

According to the report update, the data has been completely filled out for 82 per cent of traffic stops. Each data field is completed 90 per cent and over.

Jacobs said this collection rate is adequate and the results will be reliable.

He said this project is a "pioneer" in that it's the largest study of its kind in the history of Canadian policing.



GRAPHIC EVIDENCE

Suspended senator Patrick Brazeau returns to the Gatineau Courthouse on Monday following a break during his trial for allegations of assault and sexual assault, from an incident in 2013. More coverage, pages 6 and 7. JUSTIN TANG/THE CANADIAN PRESS

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McD's lovin' Hamburglar

Franchise player.

Goalie has Senators on a roll, as business spikes at fast-food chain

NICHOLAS
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Throwing burgers on the ice is becoming a tradition for Ottawa Senators fans, during their recent surge led by goalie Andrew Hammond, nicknamed "The Hamburglar" — and McDonald's is lovin' it.

Hammond has had an unprecedented run. Nobody was expecting much from him when he made his first NHL start in February, but he entered Monday's game against the San Jose Sharks with a 13-0-1 record.

History was made when Sens fan Jamey Boudreau tossed his burger on the ice after a shootout win over Philadelphia and Hammond picked it up to salute the crowd.

Since then, It's been all about burgers at the Canadian Tire Centre.

The rise of The Hamburglar is one of the biggest stories this NHL season and Mc-



McDonald's character The Hamburglar is seen on the side of Ottawa Senators goalie Andrew Hammond's mask. His intense look? The Senators were up against the Boston Bruins on March 19 when the photo was taken. McDonald's has given Hammond a gift card for free food for life. GETTY IMAGES

Donald's has embraced the hype.

All fans in the arena could redeem their game tickets for a regular hamburger when the Sens beat the Leafs on Saturday, and a bonus Big Mac because they scored in the final minute of play.

A branded Hamburglar mascot even made an appearance during the game.

According to Michelle Yao, McDonald's regional communications manager for Ontario, the restaurants notice a spike in business every time the Sens score in "The Big Mac Minute."

To reward all the free advertising, McDonald's gave Hammond a special gift card guaranteeing food for life.

"McDonald's and Andrew

both share a love of hockey and hamburgers, and we are looking forward to hosting him," said Yao.

Mayor McCheese and Grimace are still available as nicknames if other NHL players want to try to get in on this deal.

"We look forward to hosting any hockey players who have a craving for our ham-

burgers," said Yao.

The Sens now have a good chance of securing a wildcard spot into the playoffs. If The Hamburglar can stay this hot, then McDonald's hamburgers might still be getting cleaned off the CTC ice in the Stanley Cup Finals.

"We're cheering on the Ottawa Senators all the way to the end!" said Yao.



A firefighter unloads equipment outside a Senate building Monday. THE CANADIAN PRESS/ADRIAN WYLD

White powder prompts warning

Members of Parliament, senators and their staff were told Monday to be leery when opening the mail after envelopes with unusual markings were delivered.

Protective services for the House of Commons and Senate issued separate warnings after the envelopes containing white powder arrived

at the offices of two senators.

A later update confirmed that the substance in the envelopes, which carried a return address that read "Ottawa Shooting," was non-toxic.

The office of the government leader in the Senate also confirmed that one of the envelopes was delivered to Claude Carignan's office.

"We are relieved by the news from RCMP that the contents of the envelope were negative," Carignan's office said in a statement.

Officials said no one who came in contact with the envelopes showed signs of ill effects. Security officials advised nonetheless that no mail be opened unless the

sender can be verified.

"Unless your mail is from a confirmed source, we ask that you do not open it," said an email message from Senate protective services.

Normal procedures dictate that anyone receiving a suspicious package on Parliament Hill avoid touching, opening or moving it. THE CANADIAN PRESS



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1 NEWS

Legislation

Woman takes off top in Commons to protest Bill C-51

The words "C-51: State terrorism" were scrawled on a woman's breasts after she whipped off her top in the Commons on Monday, resulting in her being ejected from the public gallery.

The group FEMEN Quebec claimed responsibility a few minutes later on social media, saying the act was meant to highlight its opposition to the Conservatives' proposed anti-terror bill.

FEMEN says the legislation criminalizes freedom of expression. One of its provisions makes it criminal to publicly applaud a terrorist act.

The wide-ranging bill would give police much broader powers and allow them to detain terror suspects and give new powers to Canada's spy agency.

The Conservatives introduced the legislation in January and have said it will make Canadians safer.

THE CANADIAN PRESS

Police see it all in distraction blitz

Roads. Drivers caught being preoccupied by phones, food and FIFA



TREVOR GREENWAY
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What do you tell a cop who just caught you talking on your cellphone while driving?

If it's going to be an excuse, be warned that Const. Jon Hall has heard them all.

"Some of them are pretty obvious; they normally don't deny it, but we do get people denying being on the phone," said Hall, who handed out 47 tickets and 54 warnings for distracted driving in just three hours during a blitz Monday morning.

"Driving while using a cellphone and other types of devices is quite common for us."

The Ottawa police sent out two tweets Monday morning about distracted driving — one about a suspended-driving mom zipping through a school zone at 37 km/h over the limit with four kids in the car. Hall also intercepted a mother driv-



Ottawa police officer Jon Hull is on the hunt for distracted drivers. According to police, distracted driving now kills more people on Ontario highways than drunk driving. COURTESY OTTAWA POLICE

ing with a cellphone in one hand and a muffin in the other. Her child was in the backseat.

But it gets so much worse.

"Stopped a guy driving with his knees, playing FIFA World Cup. The phone was large enough to see the soccer game going on. It's unfortunate, but it happens," added Hall.

One motorist found out that he probably should have

turned his ringer off if he was going to convince Hall that his phone was broken.

"The guy was adamant that his phones were broken. He had two phones in the passenger seat, but I had an undercover officer who had spotted him at the intersection," said Hall. "So the phones are broken and as he is yelling at me that the phones were

broken, one of his cellphone starts ringing, so, obviously the person hung up on him."

With distracted driving surpassing drunk driving as the leading highway killer in Ontario, the time for action is now, said Hall, but it's up to more than just police officers to catch the chatty Cathys.

"Distracted driving is a societal issue in North Amer-

ica," he said. "You see younger and younger people using cellphones, so those types of issues are not just a police-only problem."

An interdisciplinary approach is needed, he said, adding that police are working with local schools and driving organizations to get the message out that distracted driving kills.

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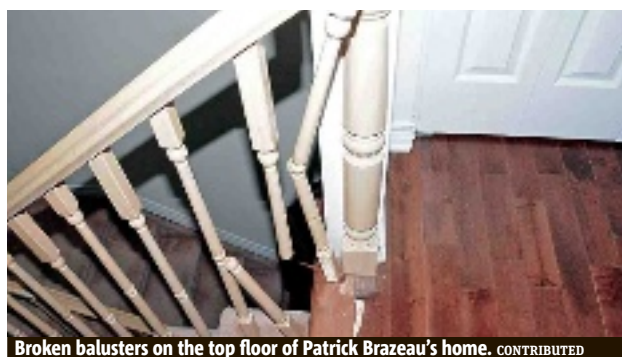
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Scratches on the complainant's back. CONTRIBUTED



A bruise on the complainant's leg. CONTRIBUTED



Broken balusters on the top floor of Patrick Brazeau's home. CONTRIBUTED

Park equipment fund exhausted

Residents living in River Ward have lots of new benches and bronze plaques, but the dedicated fund for future outdoor infrastructure has run dry.

Coun. Riley Brockington found out last month the special "cash-in-lieu" fund dedicated to new equipment is empty.

His predecessor Maria McRae, who retired last year, spent the \$600,000 budget on the ward's recrea-

tion spaces in 2014.

Brockington said he doesn't fault McRae for the purchases, which include new playground equipment and benches, but he's disappointed he can't deliver quickly on new requests.

"Now I have to fight for a pot of funds that are for 23 different wards," he said. "I just received two very legitimate requests this weekend, but I can't dip into the fund

because there's nothing left."

The spending spree included the purchase of a number of new benches with commemorative plaques, some of which bear McRae's name. Each plaque cost more than \$570. Brockington said he would have focused the funds on more benches instead of plaques.

The councillor said in the future he'd like to see new rules placed around the use

Quoted

"I just received two very legitimate requests this weekend, but I can't dip into the fund."

Riley Brockington, River Ward councillor

of the account so that incoming councillors aren't disadvantaged by the lack of funds. **HALEY RITCHIE/METRO**

'Mostly accurate' Ottawa Bluesfest lineup leaked online a week early

The Ottawa Bluesfest 2015 lineup was accidentally placed online and then leaked to social media websites before the planned release date next week.

Some of the information on the leaked image of a Bluesfest poster is out of date according to the festival's organizers and not all of the contracts with performers have been finalized.

"It's mostly accurate, but there are some inaccuracies about which days the per-

formers are on," said Mark Monahan the executive and artistic director of Bluesfest.

The festival, taking place in July, will feature headliners including Iggy Azalea, Jason Aldean, Deep Purple, The Tragically Hip and Arkells.

Other big name acts include Marianas Trench, The Gaslight Anthem and Nas.

Keith Urban and Lynyrd Skynyrd were announced as headliners earlier this month.

NICHOLAS HODGE/FOR METRO

Public service

PM Harper gives Joe Friday integrity commissioner nod

Prime Minister Stephen Harper has nominated Joe Friday, a lawyer and long-time public servant, to be Canada's next public sector integrity commissioner.

Friday has been interim commissioner since Jan. 1, replacing Mario Dion, who left the job for personal

reasons. The new commissioner first joined the integrity office as general counsel in 2008 and became deputy commissioner in 2011.

He joined the public service in 1992, serving in a variety of legal posts, including general counsel of dispute resolution services with the Justice Department.

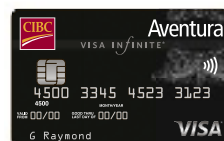
In a statement, Prime Minister Stephen Harper said he is pleased Friday accepted the nomination.

THE CANADIAN PRESS

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Study sees dramatic fall in number of immigrants who become citizens

The percentage of immigrants who become citizens has been dropping dramatically in recent years — from 79 per cent to 26 per cent among people who arrived between 2000 and 2008.

Sounding the alarm is former citizenship director general Andrew Griffith, who suggests that recent reforms which raised barriers to becoming a citizen could lead to immigrants' widespread disengagement from Canadian public life and identity.

His analysis of the impact of the Conservatives' reforms shows that the new version of the citizenship test has adversely affected applicants from visible minorities more than those with European roots.

"In the past, citizenship was viewed as a stepping stone to immigrant integration, and it should be done earlier on," said Griffith, who will present his study, Multiculturalism in Canada, at a three-day national immigration and settlement conference in Vancouver that starts Thursday. "These changes have made it harder and prohibitive for some to acquire citizenship, turning Canada into a country where an increasing percentage of immigrants are likely to remain non-citizens, without the ability to engage in the Canadian political process."

Citizens are protected by the Charter of Rights and Freedoms, can vote in elections and are entitled to Canadian passports. Not only do permanent residents not have those privileges, they are also vulnerable

Quoted

"We need to make sure those who apply for citizenship take it seriously, but we don't want to inadvertently create excessive barriers and shift the relationship of some of the communities with the country." Andrew Griffith

to revocation of their status and removals from Canada.

Based on latest government data, Griffith found that the ratio of permanent residents who eventually become citizens has been in decline since 2007, and has dropped most rapidly in recent years.

Only 26 per cent of permanent residents who settled in Canada in 2008 have acquired Canadian citizenship, compared with 44 per cent for the wave of immigrants settling in 2007, and 79 per cent of those who arrived in 2000.

The permanent-resident-to-citizen conversion rate generally rises the longer immigrants have been in Canada. But an 18-per-cent decrease between the 2008 and 2007 cohorts is alarming, Griffith said.

"I understand the rationale behind these government changes," said Griffith, who worked for the government as the reforms were developed and rolled out, and retired in 2013. "But I'm on the side of inclusion rather than exclusion."

TORSTAR NEWS SERVICE



This sweater brings an important message

Jeremy Dias, founder of the Canadian Centre for Gender and Sexual Diversity, wears the Gay Sweater, a garment made from the hair of hundreds of gay people. The sweater was designed to signify the idea that to insult an object by calling it "gay" is to insult real people. The donated hair was spun into yarn and knitted by two Toronto women. The sweater is making its debut at Toronto Fashion week. For more info, go to Thegaysweater.ccgscd-ccdg.org.

LIZ BEDDALL/METRO IN TORONTO

Report warns of threats to Canada's fresh water

Blue Betrayal. Ottawa accused of turning its back on water resources

Canada is taking its vast freshwater resources for granted, wrecking them in the process, says a scathing new report.

Titled Blue Betrayal, the report warns climate change, industrial farming, melting glaciers, oil, gas and mineral extraction, and dumping of waste (sometimes toxic) into waterways all threaten our diminishing water supplies.

The report, authored by Maude Barlow, of the Council of Canadians, a non-governmental organization, accuses Ottawa of turning its back on water resources to advance energy industry interests.

"On both sides of the border, we continue to see the Great Lakes as a dumping ground for our toxic waste, and, more recently, as a carbon corridor to transport tar sands bitumen, fracked gas and fracking wastewater," Barlow said on Monday, calling those the "most dangerous energy sources on Earth."

A big chunk of the report

talks about steps Ottawa has taken that have made freshwater resources more vulnerable, such as targeting scientific institutes and projects that did important work.

Included in that list is the plan to dismantle the Experimental Lakes Area (ELA), the world's leading freshwater research institute.

The facility has been saved temporarily by the Ontario and Manitoba governments.

The report accuses past Liberal and Conservative governments of allowing Canada's lakes, rivers and groundwater to deteriorate.

It doesn't paint a healthy picture of the Great Lakes, a source of livelihood for more than 40 million people in Canada and the U.S.

It says there are at least 204 pollutants in the Great Lakes, including plastic in various forms. Great Lakes fish are loaded with contaminants like mercury, dioxins and lead, it adds.

Mark Mattson, of Lake Ontario Waterkeeper, says Toledo's drinking water advisory last summer was a wake-up call that "we can't take the Great Lakes for granted."

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Phoenix

Judge dismisses murder charge against woman

An Arizona woman who spent more than two decades on death row for her four-year-old son's killing saw her murder charge dismissed Monday, ending a controversial case that relied almost entirely on the work of a detective with

a long history of misconduct. Debra Milke hugged her supporters and sobbed as she left the courtroom, where a judge formally dismissed the case, saying it cannot be tried again. The decision came less than a week after prosecutors lost their final appeal. In a brief hearing, Judge Rosa Mroz also allowed Milke, who has been free on bond since 2013, to have her electronic-monitoring ankle bracelet removed. **THE ASSOCIATED PRESS**

Philippines

Trial of U.S. Marine begins

A Philippine court on Wednesday began the trial of a U.S. Marine charged with murdering a transgender Filipino after allegedly discovering her gender when they checked into a hotel, in an emotional case that has tested the two countries' military ties.

U.S. security escorts

brought Marine Pte. First Class Joseph Scott Pemberton into a heavily secured courtroom in Olongapo city, northwest of Manila, for the trial after an earlier plea-bargain negotiation with the family of the victim, Jennifer Laude, reportedly collapsed, lawyers for Laude's family said.

Pemberton is charged with murder, which carries a maximum penalty of life in prison.

THE ASSOCIATED PRESS

Afghanistan

Protesters demand justice for woman killed by mob

Hundreds marched Monday in the Afghan capital, demanding justice for a woman beaten to death last week by a Kabul mob over false allegations she had burned a Qur'an — a vicious killing that shocked many Afghans and

renewed calls for authorities to ensure women's rights to equality and protection from violence.

The killing has also drawn condemnation from Afghanistan's President Ashraf Ghani, now in Washington on his first state visit to the United States since taking office in September, who denounced it as a "heinous attack" and ordered an investigation.

THE ASSOCIATED PRESS

Cruz joins 2016 U.S. presidential race

Politics. Platform includes securing borders, abolishing IRS

Sen. Ted Cruz opened the first major campaign of the 2016 U.S. presidential season Monday with a kickoff speech courting cultural conservatives and declaring that he will devote himself to "reigniting the promise of America."

One of several Republican hopefuls to rise from the Tea Party movement, Cruz spoke at Liberty University, the college founded by the late Rev. Jerry Falwell, hours after a week-long tweet announcing his White House bid. The choice of the college founded by the late Rev. Jerry Falwell was meant as marker against potential rivals who are also counting on Christian conservatives to fuel their candidacies.

Cruz addressed his religious faith, his father's Cuban roots and his unquestioned conservative credentials, saying "for so many Americans the promise of America seems more and more distant."

And he asked the enthusiastic crowd to "imagine a president that finally, finally, finally secures the borders."

"Imagine a simple flat tax,"

he said. "Imagine abolishing the IRS."

He spoke on the fifth anniversary of President Barack Obama's health-care law — legislation that prompted Cruz to stand for more than 21 hours in the Senate to denounce it in a marathon speech that delighted his Tea Party constituency and other foes of the law. Cheers rose in the hall when Cruz reminded the crowd Monday that Liberty University filed a suit against the law right after its enactment.

"God's blessing has been on America from the very beginning of this nation and I believe that God isn't done with Americans," Cruz said. "I believe in you. I believe in the power of millions of courageous conservatives rising up to reignite the promise of America. And that is that is why, today, I am announcing that I am running for president of the United States of America."

Cruz, a divisive figure in his own party, is not expected to be the sole GOP contender for long. Former Florida Gov. Jeb Bush, Wisconsin Gov. Scott Walker and two Senate colleagues, Kentucky's Rand Paul and Florida's Marco Rubio, are eyeing campaign launches soon.



Sen. Ted Cruz, R-Texas, his wife Heidi, and their two daughters Catherine, 4, left, and Caroline, 6, right, wave on stage after he announced his campaign for president, Monday. **ANDREW HARNIK/METRO**

For his announcement, Cruz bypassed Texas, which he represents in the Senate, as well as early nominating states such as New Hampshire, where Mitt Romney kicked off his own campaign for the GOP nomination in 2012, and Iowa.

By getting in early — and at

Liberty — Cruz was hoping to claim ownership of the influential and highly vocal corner of the Republican Party for whom cultural issues are supreme. It was a move at crowding out figures such as former Arkansas Gov. Mike Huckabee, a former Baptist pastor, and

former Sen. Rick Santorum, who has made his Catholic faith a cornerstone of his political identity.

Cruz's father, a pastor, is also expected to help the 44-year-old first-term senator make inroads with these voters. **THE ASSOCIATED PRESS**

Status

Is he American enough?

Ted Cruz's announcement that he's running for president has renewed questions about his Calgary birthplace and whether the Texas senator's Canadian roots leave him ineligible to make a bid for the Oval Office.

They don't, American constitutional scholars say, because Cruz's mother was a U.S. citizen when he was born. His Cuban father became a citizen in 2005.

The fact that Cruz's mother is Delaware-born satisfies the U.S. constitution's requirement that a president must be a "natural-born U.S. citizen," experts agree.

Last spring, Cruz — dubbed "Canadian Ted" by some of his political foes in Texas — formally gave up his Canadian citizenship.

Police ice probe of alleged gang rape, detailed in magazine

A five-month police investigation into an alleged gang rape at the University of Virginia, described in graphic detail in a Rolling Stone article, produced no evidence of the attack and was stymied by the accuser's unwillingness to co-operate, authorities said Monday.

The article, titled "A rape on campus," traced the story from a student identified only as Jackie, who said she was raped at a Phi Kappa Psi fraternity house on Sept. 28, 2012. It also described a hidden cul-

ture of sexual violence fueled by binge drinking at the college. Police said they found no evidence of that, either.

There were numerous discrepancies between the article and what they found, said Charlottesville Police Chief Timothy Longo, who was careful not to characterize Jackie's account as a false allegation.

The case is suspended, not closed, and the fact that investigators could not find evidence years later "doesn't mean that something terrible didn't happen to Jackie," Lon-

go said.

He appealed for anyone with information about the case or any sexual assault to come forward, and he even said Jackie may one day be in a place where she would be comfortable explaining what happened.

"There's a difference between a false allegation and something that happened that may have been different than what was described in that article," Longo said.

Asked if Jackie would be charged with making a false

report, he said: "Absolutely not."

Accurate or not, the article heightened scrutiny of sexual assaults on college campuses. Even before it was published, the U.S. Education Department revealed a list of 55 colleges, including the University of Virginia, under investigation for the way they handled sexual assault allegations. President Barack Obama's administration launched a campaign to end campus sex assaults.

Longo said Jackie first de-

scribed a sexual assault when she met with a dean in May 2013 about an academic issue, but "the sexual act was not consistent with what was described" in the Rolling Stone article. The dean brought in police, but Jackie didn't want them to investigate and the case was dropped.

After the article was printed in November, she met with police, this time with an attorney, and again refused to talk. Discrepancies in the article were soon found by news organizations. **THE ASSOCIATED PRESS**

Review

Rolling Stone printed an apology and asked the dean of the Columbia University Graduate School of Journalism to conduct a review of the article, by Sabrina Rubin Erdely, and its editorial process. The magazine is expected to publish those findings in a couple of weeks.

Female execs bring bigger profits: Study

Leadership. Many firms slow to make workplaces more women-friendly

Evidence is growing that it pays for a company to have equal numbers of male and female managers.

A study last year found units at multinational catering company Sodexo that had equal numbers of men and women in management roles delivered more profits more consistently than those dominated by men.

Companies are trying to increase the number of women in executive positions, yet many are struggling to do so because of a failure to adapt workplace conditions in a way that ensures qualified women do not drop off the corporate ladder, surveys show.

In a survey last year of 366 companies, consultancy McK-

Women on boards

France, Norway, Spain and Germany have sought to mandate progress by imposing quotas for women on company boards.

- Norway had the highest percentage of women on boards — 35 per cent — among 20 countries.

insey & Co. found that those whose leadership roles were most balanced between men and women were more likely to report financial returns above their industry median.

Companies with more balanced leadership do a better job recruiting and retaining talented workers, reducing the costs associated with replacing top executives, McKinsey found. They also have stronger customer relations because management better reflects the diversity of society,

and they tend to make better business decisions because a wider array of viewpoints is considered.

While most big companies now have programs to increase gender diversity, many executives express frustration these programs aren't working. McKinsey found that 63 per cent of the employers it surveyed had at least 20 initiatives to address gender equity, but women held less than a quarter of the top jobs in 92 per cent of the companies.

A woman's prospects for promotion fall off at every step of the career ladder, according to a separate survey of 130 large companies conducted by McKinsey in 2012. While women made up 37 per cent of the total workforce, they comprised 22 per cent of middle managers, 14 per cent of senior managers and vice-presidents, nine per cent of executive committee members and two per cent of CEOs.

THE ASSOCIATED PRESS



Louisville Slugger sold to rival

A 36-metre-tall replica bat fronts the Louisville Slugger Museum and Factory in Louisville, Ky., Monday. The company that made the iconic bats for a who's-who of baseball greats, including Babe Ruth and Ted Williams, is selling its Louisville Slugger brand to rival Wilson Sporting Goods Co., a division of Finnish sports equipment maker Amer Sports Corp., for \$70 million US. Hillerich & Bradsby Co. has made the bats for more than 130 years. TIMOTHY D. EASLEY/THE ASSOCIATED PRESS

Pipelines

Groups challenge approval process

A coalition of environmental advocates in B.C. is taking the National Energy Board to Canada's highest court in a challenge of the pipeline approval process, arguing restrictive rules unfairly limit public participation in the pipeline debate. The group contends the process impedes charter rights. THE CANADIAN PRESS

Market Minute

DOLLAR
80.01¢ (+ 0.51¢)

TSX
14,957.21 (+ 14.80)

OIL
\$47.45 US (+ 88¢)

GOLD
\$1,187.70 US (+\$3.10)

Natural gas: \$2.733 (-5.3¢)
Dow Jones: 18,116.04 (-11.61)

Cod stocks improving but recovery is still years away, researchers say

Scientists tracking northern cod stocks off Newfoundland say there are hopeful signs of recovery but that any lifting of an almost 23-year-old commercial fishing moratorium is likely a decade away.

There are more fish, and they're both larger and older, said George Rose, director of the Centre for Fisheries Ecosystems Research at Memorial University's Marine Institute in St. John's.

The northern cod morator-

ium, which threw thousands of people out of work after it was announced July 2, 1992, was initially to last two years. Rose was among those scientists who predicted it would take much longer for stocks to rebound from a complex blend of overfishing, mismanagement and environmental factors.

Warming water trends could ultimately help cod and caplin, a vital food source on which cod depend and which also collapsed in the 1980s,

Rose said.

The role of growing seal populations is another hotly debated topic around fish stock recovery. What, if anything, should be done about seal populations is "a political decision," said Jeffrey Hutchings, a biologist at Dalhousie University in Halifax. But like Rose, he stressed that severely depleted fish stocks don't just bounce back even after overfishing stops.

THE CANADIAN PRESS

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VOICES

GOING TO POT

If your car gets damaged as the result of a pothole, good luck trying to get compensation from the city



YOUR RIDE
Kathryn Hunt

They say there are two, but there are actually three unavoidable things in life: Death, taxes, and potholes.

At least, they're unavoidable if you live in Canada. This year's pothole season is off to a good start, with deep potholes already forming that can pose a danger to cars and cyclists.

Unfortunately, there's nothing much that can be done to prevent them: All the city can do is patch them as they form.

Because they're created by the weight and pressure of traffic, they also show up right where your tires are most likely to be, and are more common on higher-traffic roads.

And a deep enough hole can cause a flat, damage your car's steering or suspension, or worse.

Once, I saw a minivan with its right front wheel sitting at a very unhealthy angle after hitting a bad one.

If you hit a pothole and your car is damaged, you may have a very hard time getting compensation from the city.

Any claim will go through a legal process, and the city has to pay only if it can be proven that it was negligent. And proving negligence, where potholes are con-



Drivers steer away from one of the many potholes dotting Bronson Avenue downtown Ottawa. Bronson is on the CAA's list of Ontario's 10 worst roads. NICHOLAS HODGE/FOR METRO

cerned, is difficult.

The city gets hundreds of claims for pothole damage in the spring. Cities are expected to keep the roads in a "reasonable

state of repair," but the rules take into account how quickly potholes can form and how hard it can be to keep on top of them.

Generally, as far as the rule

goes, the city has a period of four to 30 days to repair a pothole, depending on how severe it is, where it is, and how much of a danger it presents. That repair

DO YOU HAVE A TRANSIT IDEA?

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ottawa@metronews.ca

time counts only from the time the city becomes aware of the problem in the first place. And generally, a pothole has to be about eight centimetres deep before it's considered to be in need of repair.

So for the city to be found negligent, it would have to be clear that the pothole was a known risk and remained in a state of disrepair beyond the maintenance guidelines.

Even if you win your claim, the city only has to pay for replacement or repair.

This means if your \$5,000 car is written off, the city only has to pay the \$5,000 value, and not the extra cost of purchasing a new car. You're probably better off making a claim through your insurance company if you do happen to hit a car-breaker of a pothole this season.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

Canada's continued mission in Iraq a tragedy of errors



STEPHEN KIMBER
readers@metronews.ca

This week, the Harper government will extend and expand our supposedly no-boots-on-the-ground, six-month military mission in Iraq.

The purpose, according to Foreign Affairs Minister Rob Nicholson, is to "degrade and destabilize this gang of thugs (ISIL), and in doing so, strip (it) of its power to threaten the security of the region, or to launch terrorist operations in Canada."

The reality is this soon-to-be-open-ended, bottomless money pit of a misguided mission will achieve none of Nicholson's objectives, and may actually make us more vulnerable to terrorist attack

ISIL not the only bad guys

If we take on ISIL in Syria, are we propping up a reprehensible regime responsible for the deaths of at least 60,000 civilians in the last three years?

in the future.

ISIL is the logical result of cascading, colliding, ill-advised and illogical western military misadventures in a volatile region full of deep-seated historic, religious, ideological, sectarian conflicts we can barely identify let alone wrap our minds around.

This latest mess-of-our-own-making began with George W. Bush's invasion of Iraq in 2003.

Canada wisely dodged that bullet.

As Opposition leader then, Stephen Harper had argued for putting our troops in harm's way in Iraq.

As prime minister, he volunteered us last fall for Iraq II.

And now he's keen for us to push into the front lines of those chasing the ISIL from Iraq into Syria.

Syria? Wait a minute. Isn't Syria in the midst of a civil war?

Isn't Syrian president Bashar al-Assad also fighting the Islamic

State of Iraq and the Levant?

We claim we need to fight ISIL in Syria because the U.S.-led coalition has been so successful in driving them out of Iraq.

How's that working out?

Well, let's see. Iran, another non-ally (see nuclear threat) that supports al-Assad, is also fighting ISIL in Iraq ... when it isn't fomenting sectarian violence between Iraqi-backed Shia and Islamic-State-encouraged Sunni militias.

Not that either side requires encouragement. They've been warring since 632 over who should succeed the Prophet Muhammad.

Confused?

So is Rob Nicholson, whose dismissal of ISIL as simply "a gang of thugs" betrays his ignorance of its complex historical, religious and

ideological roots.

Instead of adding our inevitably inconsequential military might to an unwinnable conflict, Canada could make a real contribution by focusing instead on helping these wars' refugees, and understanding why so many young western-raised Muslims, including Canadians, offer themselves as drone fodder for ISIL. And finding constructive ways to discourage them.

Unfortunately, those actions aren't "warrior" enough for the Harper government.

So we are doomed to continue this tragedy of terrors.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



The late Paul Walker, left, and Vin Diesel in 2013. ALL PHOTOS: GETTY IMAGES

Vin Diesel names his daughter after Paul Walker

Vin Diesel's fraternal affection for his late *The Fast and the Furious* co-star Paul Walker is apparently very deep and very authentic.

Case in point? Diesel's newborn daughter.

"I named her Pauline," he revealed on the *Today* show.

"There's no other person that I'm thinking about as I'm cutting this umbilical cord. I knew he was there and I felt, like, you know, a way to keep his memory a part of my memory, a part of my world."

The announcement also came with a surprisingly

personal vote of confidence for *Today* show anchor Natalie Morales: "I'm telling you this because I love you," Diesel said.

"I know that you are a good soul, and I know that this is in good hands."

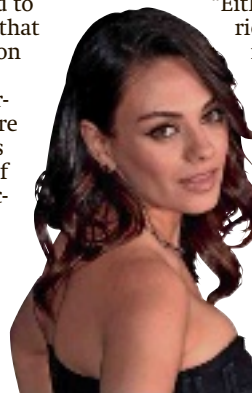
So, um, good job, Ms. Morales?

James Corden got Mila Kunis to admit she's married ... maybe

James Corden is off to a good start as the newest late-night talk show host on the block, as during his very first guest segment he managed to kinda sorta confirm that Mila Kunis and Ashton Kutcher are indeed already married. During Corden's premiere interview with Kunis — pre-taped ahead of its Monday airing, according to the *Daily Mail* — the British host continually prods the actress about whether she and Kutcher have already tied

the knot, only to be met with a repeated response of, "Maybe."

But he's not having it. "Either you're married, or you're not," he says before demanding she show off her left ring finger, which sports a golden wedding band. "They are married, look," the host declares. So now you know.



Taylor Swift

Taylor Swift crushes the dreams of would-be porn peddlers

Taylor Swift is all about insurance these days, and not just when it comes to her \$40-million legs. The savvy pop star reportedly purchased a number of adult-themed domain names before they became available to the public as a means to thwart porn peddlers from cashing in on her fame.

So if you had your heart set on registering domains like *TaylorSwift.porn* or *TaylorSwift.adult*, then it sucks to be you. I mean, for multiple reasons, but right now let's just focus on the fact that your hopes for a Swift-themed adult entertainment empire have been dashed.

Afghan 'Bruce Lee' has high Hollywood hopes

Interview. Kabul's local star bears striking resemblance to martial arts master

Framed by the dramatic backdrop of Kabul's ruined Darulaman palace, Abbas Alizada throws kung fu punches, kicks and spins, watched by an eager young crowd.

Dressed in a white vest, black trousers and light shoes despite the bitter Afghan

winter, Alizada bears a striking resemblance to his idol — legendary martial arts movie star Bruce Lee.

He is a member of Afghanistan's Hazara community, an ethnic group with distinctively Central Asian features that add to his resemblance to Hong Kong star Lee.

With more than 50,000 followers on Twitter and 40,000 likes on Facebook, Alizada has become quite a celebrity in Afghanistan, known locally as Bruce Hazara.

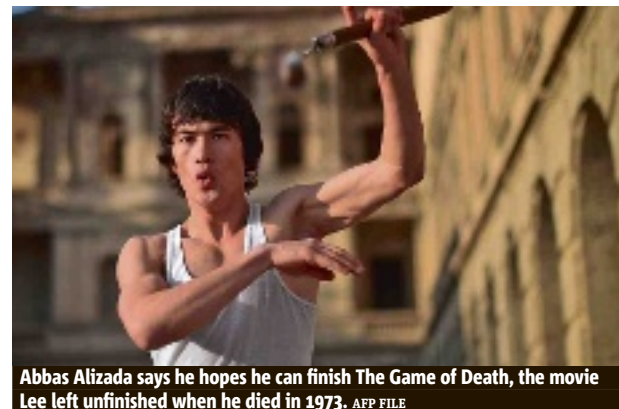
He has become a familiar

face on local media and now is dreaming of Hollywood.

"When I was eight years old I saw the Bruce Lee movies, and I was hooked," he said. "I said I will be the Bruce Lee of Afghanistan one day."

Alizada is the youngest of 10 children. One of his brothers, 25-year-old Ahmad Zia, works as his manager, coach and secretary.

Alizada's biggest ambition is to complete *The Game of Death*, the film Lee left unfinished when he died in 1973. AFP



Abbas Alizada says he hopes he can finish *The Game of Death*, the movie Lee left unfinished when he died in 1973. AFP FILE

Analysis



Music piracy is obsolete given the breadth and affordability of options for streaming. ISTOCK

Streaming is here to stay— Get used to it



SOUND CHECK
Alan Cross
scene@metronews.ca

If you're still stealing music, you're stupid.

That was my position at a panel on the future of music at Brock University last week and I'm sticking to it.

Aside from the moral and ethical issues involved in ripping off the labour and talent of musicians, stealing music is a complete waste of time. Consider what you need to do. You need to find the P2P sites or torrents; hope that the files are complete, uncorrupted and virus-free; make sure that everything is tagged properly with artwork and all the other metadata; and then sort everything into playlists and libraries before transferring them to all your devices. That's a lot of work.

Don't give me the excuse "Well, I can't afford music any other way." We all can't afford many things we want, but that doesn't give us

licence to walk into a store and take what we want.

The answer to all your prayers is streaming music services. Rdio, Spotify, Deezer, Tidal, Songza, Google Play Music, Mediazoic and a host of others give you legal access to somewhere north of 25 million songs — a number that's approaching every song ever recorded in the history of humanity — for \$10 a month. If that's too much, then there's the "freemium tier," a slightly less functional incarnation of the paid version — that allows you to stream music for ZERO dollars.

Yes, Canada is behind the rest of the world when it comes to adopting streaming but that's because regulatory issues kept us on the sidelines longer than other countries. But we're catching up fast. I monitor streaming consumption every week through SoundScan and we're now routinely seeing five or six songs stream more than a million times a week. That's up significantly in the last six months.

I repeat: Instant access to virtually every song ever recorded. Full files, properly tagged, no viruses, no guilt. For free. Tell me again why you're stealing music?

Pop stars warm up to Chilly's classic style and modern image

Music. Drake collaborator Chilly Gonzales explains why people fear classical music, and why it's time they got over it

It was a childhood visit to an art gallery, chaperoned by his father, that first ignited Chilly Gonzales's passion for rendering esoteric pieces more accessible.

It wasn't really the art that inspired the Canadian-reared pianist (born Jason Beck), but how his dad struggled to appreciate it.

"He couldn't decide if he liked the painting until he read the title and the paragraph that tells you something about it," said Beck during a phone interview from Germany.

"I was touched by the fact that my dad needed that story to guide him through. I think those people also deserve to enjoy creative things.

"That's why I've always done a lot of context-building."

In fact, it's become a mission for the acclaimed 43-year-old musician, who has collaborated with Drake, Leslie Feist and Daft Punk (which merited Gonzales a Grammy Award for album of the year).

Last year he released Re-Introduction Etudes, a book of 24 easy-to-master piano pieces designed to inspire lapsed players. And in a YouTube series called Pop Music Masterclass he's been cheerfully dissecting hits includ-



Toronto-raised Chilly Gonzales has been on a mission to make classical music more accessible. He has collaborated with Drake, Leslie Feist and Daft Punk. ALEXANDRE ISARD/THE CANADIAN PRESS

ing ILoveMakonnen's Tuesday.

On Tuesday, Gonzales releases the solo album Chambers, which uses piano and strings to sketch links between Romantic-era chamber music and modern pop.

CP: Why is it that people are daunted by classical music?

There's something about instrumental music ... it must be some childhood reaction to the fact that

we were told this was high art. It's the reason we're all nervous when we go to a concert hall. It's a feeling of too much respect. We can't take it on its own terms.

CP: Writing about your song The Difference, you mused that most musicians are "frauds, others merely mediocre, and a scant few worthy of listening." How do you define that worthiness?

It's anyone who creates their

own lane.

I might think an artist is a fraud, but it doesn't mean someone shouldn't like them. It just means that when someone hides behind something that came before them that worked, at the expense of bringing something more original to the game, then I feel like they're a fraud (as) if they didn't quite have the strength to resist temptation.

The bigger risk and the bigger gamble is always to take the harder road, be yourself as much as possible. I just know this from my own experience.

CP: What was that process like, of shaping your career?

I went through moments where I tried to shave off the rough edges, all though my 20s.

It wasn't working.

Eventually I moved to Berlin and decided I would approach my career the way a rapper would.

I took the name Chilly Gonzales for that reason. It was audibly a fake name and I was going to ... have somewhat of a cartoonish persona, and at the same time try to put a lot of musical depth into what I do.

That was the gamble I took because I wanted to create my own lane.

The artists I respect the most created their own lane. Whether it's Daft Punk or Drake or Leslie Feist, they really did carve something out. And the proof is many people try to imitate them, and very few are able to succeed.

THE CANADIAN PRESS

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Breastfeeding is good for the brain

Well-being. Effects of being breastfed continue into adulthood, boosting intelligence, education and earnings, regardless of socio-economic status, research paper shows

People breastfed as infants have higher intelligence scores in adulthood, and higher earnings, according to a study published last week that tracked the development of 3,500 newborns over 30 years.

And, critically, the socio-economic status of mothers appeared to have little impact on breastfeeding results, according to a paper published by The Lancet medical journal.

"The effect of breastfeeding on brain development and child intelligence is well established," lead author Bernardo Lessa Horta of the Federal University of Pelotas in Brazil said in a statement.

What has been less clear, is whether the effects persist into adulthood, and whether a mother's socio-economic status or education level played a bigger role in the outcome of previous studies than her choice to breastfeed or not.

"Our study provides the first evidence that prolonged breastfeeding not only increases intelligence until at least the age of 30 years but also has an impact both at an individual and societal level by improving educational attainment and earning ability," said Horta.

"What is unique about this study is the fact that, in the population we studied, breastfeeding was not more



The longer a baby is breastfed, the greater the long-term benefits. ISTOCK

How much smarter?

4 IQ points

An individual breastfed for at least a year as a baby gained a full four IQ points, had 0.9 years more schooling, and an income of \$104 higher per month at the age of 30, compared to those breastfed for less than one month, the study found.

common among highly educated, high-income women, but was evenly distributed by social class."

Horta and a team analysed data from another study of children born in Pelotas in 1982.

Information on breastfeeding was compared to IQ test results at the average age of 30 years, as well as the educational achievement and income of 3,493 participants.

"The researchers divided these subjects into five groups based on the length of time they were breastfed as infants, controlling for 10 social and biological variables that might contribute

to the IQ increase including family income at birth, parental schooling, genomic ancestry, maternal smoking during pregnancy, maternal age, birth weight, and delivery type," said the statement.

"While the study showed increased adult intelligence, longer schooling, and higher adult earnings at all duration levels of breastfeeding, the longer a child was breastfed for (up to 12 months), the greater the magnitude of the benefits."

AFP

Smart move

Fatty acids in breast milk are good for the growing mind

An individual breastfed for at least a year as a baby gained a full four IQ points, had 0.9 years more schooling, and an income of \$104 higher per month at the age of 30, compared to those breastfed for less than one month, the study published in The Lancet medical journal found.

"The likely mechanism underlying the beneficial effects of breast milk on intelligence is the presence of long-chain saturated fatty acids (DHAs) found in breast milk, which are essential for brain development," said Horta.

"Our finding that predominant breastfeeding is positively related to IQ in adulthood also suggests that the amount of milk consumed plays a role."

In a comment also carried by The Lancet, Erik Mortensen of the University of Copenhagen said the findings had important public health implications.

"However, these findings need to be corroborated by future studies designed to focus on long-term effects and important life outcomes associated with breastfeeding."

AFP

3
LIFE

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THIS WEEK: Braces at Any Age!

Create a stir with a quickie 'risotto'

Fast healthy food

Bowl 'em over with ready-to-go rice just waiting for toppings



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With rice as the foundation, the meal mix takes mere minutes. Each one starts with an onion and garlic sautéed and some quickie protein warmed though. Serve on a bed of greens to up the veg count for the day.



Rice makes a great foundation for a fast meal. ISTOCK

Rice bowl meals

- Canned beans, nuts, basil
- Frozen shrimp, frozen peas, dill and white wine
- Scrambled egg, frozen corn, chili powder, hot sauce
- Leftover pork, barbecue sauce, chopped green onions
- Leftover chicken, soy sauce mixed with honey, shredded spinach
- Canned salmon, butter, evaporated milk, pinch of nutmeg, chopped celery
- Feta cheese, chopped tomatoes, Greek salad dressing, oregano.

The healthy trick is to watch the ratio of rice to protein. One cup of whole-grain rice plus one half cup of protein plus one cup of vegetables is the ideal mixture.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

TOTAL TIME ABOUT 5 MINUTES



This recipe serves four. THERESA ALBERT

Quick and easy. You can have this Italian 'risotto' rice bowl on the table in mere minutes

Directions

1. In a skillet, warm oil, sauté

onion and garlic, stir in walnuts and dried basil. Stir for 2 minutes. Add beans with liquid, cream and Parmesan cheese and warm through.

2. Top a bed of greens with a cup of cooked short grain rice. Top with creamy bean mixture and chopped tomatoes. **THERESA ALBERT**

Ingredients

- 1 teaspoon extra virgin olive oil
- 1 chopped onion
- 2 cloves garlic
- 1 cup walnuts
- 1 tbsp dried basil
- 1 can mixed beans
- 1 cup cream
- 1/2 cup grated Parmesan cheese
- Mixed greens
- 4 cups cooked rice (prepared in the rice cooker early in the day)
- 1 cup chopped grape tomatoes

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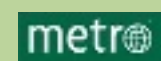
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CIS football

Gee-Gees' Auty banned 2 years for doping violation

Dylan Auty, a linebacker with the Ottawa Gee-Gees, has received a two-year suspension for an anti-doping violation.

The Canadian Centre for Ethics in Sport made the announcement Monday.

The six-foot, 215-pound Auty, of Inverary, Ont., evaded sample collection during out-of-competition testing Oct. 7, 2014.

Auty waived his right to a hearing and accepted the suspension, which ends March 4, 2017.

THE CANADIAN PRESS

CFL

Daley anxious to return to sidelines

Jim Daley has received the green light to cut loose.

In January, Daley had to turn down an offer to return as the Toronto Argonauts' special-teams co-

ordinator for personal and health reasons. Two months later, Daley has received a clean bill of health follow-

ing some heart issues and although he still doesn't have a coaching position for 2015, he's anxious to return to the sidelines.

"If the players I coached in Hamilton and Toronto thought I was wired before, they haven't see the new me yet," the 63-year-old Ottawa native said.

THE CANADIAN PRESS



Jim Daley

TORSTAR NEWS SERVICE



Eric Gryba, right, of the Senators falls to the ice while defending against the Sharks' Logan Couture on at the Canadian Tire Centre. SEAN KILPATRICK/THE CANADIAN PRESS

Sens shuffle into wild-card position

NHL. Ottawa scores four unanswered third-period goals to hand Sharks a shellacking

Mika Zibanejad scored twice as the Ottawa Senators defeated the San Jose Sharks 5-2 Monday night to move into a playoff position for the first time since late November.

The win puts the Senators (37-24-11) one point ahead of the Boston Bruins (36-25-12) for the final wild card spot in the Eastern Conference. Ottawa has a game in hand.

On Monday

5

Senators

2

Sharks

Alex Chiasson, Jean-Gabriel Pageau and Mike Hoffman, with an empty-net goal, also scored for Ottawa. Andrew Hammond, making his seventh straight start, improved his record to 14-0-1 in his first 15 NHL starts. He stopped 29 shots.

Joe Pavelski and Chris Tier-

ney scored for the Sharks (35-30-8) as Antti Niemi made 32 saves.

The Senators scored four unanswered goals in the third period — two within 1:12 of each other — on their way to picking up a seventh straight win.

Zibanejad tied the game 2-2 with his second of the night at 2:19 of the third. Zibanejad took a pass from Bobby Ryan and roofed it over Niemi to the delight of the 18,193 on hand.

After being stonewalled on numerous occasions Chiasson finally solved Niemi as he deflected Mark Stone's shot and then Pageau scored at the 13-minute mark of the third

Lineup notes

Centre Zack Smith returned to Ottawa's lineup for the first time since dislocating his wrist February 13th. The Senators were without left-wingers Matt Puempel (high ankle sprain) and Milan Michalek (undisclosed).

as he and Karlsson worked the give-and-go.

Hoffman then put the puck away into an empty net for his 26th goal of the season with 1:23 left to play.

THE CANADIAN PRESS

Lowry named head coach of national jr. team



Dave Lowry behind the bench with the Flames as an assistant coach in December 2011. GETTY IMAGES FILE

Dave Lowry has a simple message for Canada's world junior hockey hopefuls — stay the course.

An assistant with the team that won gold on home soil in January, the 50-year-old was named Monday as head coach for the 2016 tournament.

"We're going to continue to build on the momentum that we generated," Lowry said on a conference call. "The mindset and mandate moving forward will be that we're once again going to take the best players and

Resumé

The head coach of the WHL's Victoria Royals for the last three years, Lowry played 1,084 games over 19 NHL seasons with the Vancouver Canucks, St. Louis Blues, Florida Panthers, San Jose Sharks and Calgary Flames.

we're going to make the players buy into playing the game a certain way, and that will be our way."

Canada won the most recent tournament in Montreal and Toronto to end a five-year drought thanks to a structure similar to the one employed with the men's team at the Olympics, and Lowry said that won't change.

"We will continue to use the Olympic model, (but) we now have our model moving forward that was very successful in 2015," said the Ottawa native. "We will create that legacy moving forward with the 2016 team."

THE CANADIAN PRESS

Shockers have no plans to look ahead

NCCA basketball. All anyone seems to talk about is their future, not current, opponents

Wichita State should know how to avoid distractions by now. When the NCAA Tournament field was first set, all anybody wanted to talk about was the Shockers finally getting a shot at Kansas.

Nobody wanted to mention that they first had to take care of Indiana just to give the game a chance of happening.

It came to pass, of course. And behind a stellar effort on both ends of the floor, the No. 7 seed Shockers beat the Jayhawks 78-65 on Sunday night, advancing to the Sweet 16.

Now, all anybody will talk about is a potential rematch with overall No. 1 seed Kentucky, the same team that ruined the Shockers' perfect season in the NCAA Tourna-

ment a year ago.

First, however, Wichita State has to beat No. 3 seed Notre Dame. "We're going to approach it the same way we did this time," Shockers star Fred VanVleet said. "We'll let y'all do all the looking ahead, anticipating." Don't worry. There will be no shortage of it.

The Shockers (30-4) have played enough win-or-go-home games that they should be immune to looking ahead, though. VanVleet and fellow backcourt mates Ron Baker and Tekele Cotton were part of the team that advanced to the Final Four two years ago, beating No. 1 seed Gonzaga and second-seed Ohio before falling to eventual champion Louisville.

So even in the moments after an emotional victory over Kansas, a school that has refused to play the Shockers for years, VanVleet was already able to focus on the Fighting Irish. "Listen, Notre Dame is a heck of a team," he said of the ACC Tournament champs. "We

Quoted

"We don't have time to overlook anybody. That's what teams do with us. We know how it feels."

Shockers star Fred VanVleet

don't have time to overlook anybody. That's what teams do with us. We know how it feels."

"Our coaches are already scouting them," freshman forward Shaq Morris said. "We didn't see them all year. Now that this game is over, that's what we're focused on."

Likewise, the Fighting Irish will surely be focusing on Wichita State. Even with Bluegrass State potentially looming, Notre Dame first must beat a program that has won at least 30 games three straight years, that started 35-0 last season and is headed to another Sweet 16 with many of the same players.

THE ASSOCIATED PRESS



Wichita State's Fred VanVleet celebrates during Sunday's win over Kansas. JAMIE SQUIRE/GETTY IMAGES

EPL soccer

New rules to limit foreign imports, give homegrown players a chance

The number of foreign players in English Premier League squads is set to be reduced under new rules designed to prevent the development of homegrown youngsters being stifled by imports.

The English Football Association announced Monday that the non-European players will find it harder to gain British work permits from May when more stringent eligibility requirements come into force. The FA is also trying to gain Premier League approval for new limits on foreign players in squads.

"We believe too many talented English kids are currently not getting through the system and being lost," FA chairman Greg Dyke said.

The new rules would have prevented Arsenal from signing Spanish midfielder Cesc Fabregas from Arsenal as a 16-year-old and Stoke from bringing in American duo Geoff Cameron and Brek Shea.

THE ASSOCIATED PRESS

NBA. Hawks turn to video to reclaim defensive edge

The Atlanta Hawks spent some extra time in the film room Monday. They didn't necessarily like what they were seeing but couldn't argue with what it showed.

The East-leading Hawks are in a slump. For the first time all season, Atlanta (53-17) has lost three straight games — the last of them an ugly defeat at home to San Antonio, which was up 20 before some fans had settled into their seats.

For a team modelled on many of the concepts that made the Spurs a five-time NBA champion, the Hawks learned a harsh lesson Sunday: They can't just cruise into the playoffs on autopilot.

"It's good to see it, man, and get better from it," forward Paul Millsap said, finally emerging after more than an hour watching tape of recent games. During a stunning 41-game run before the All-Star break — exactly half the season — the Hawks went 36-5 and allowed just 94.4 points a game. They surrendered 100 points a mere 14 times in that stretch.

Since the All-Star break, Atlanta is 10-6 and giving up an average of 99.3 points. The 114-95 loss to the Spurs marked

Mission

"We need to get back to being a good, efficient defensive team."

Atlanta Hawks forward Paul Millsap

another first this season, the Hawks allowing triple figures for the fourth game in a row.

"We need to get back to being a good, efficient defensive team," Millsap said. "That's our main goal right now."

Forward DeMarre Carroll said the Hawks spent a good part of the session going over some new defensive alignments. He conceded they've become too predictable in their sets, making it easier for teams to take advantage of the lapses. "We're going to need different defensive coverages going into the playoffs," Carroll said. "You can't stick with one."

Coach Mike Budenholzer, must walk a fine line to ensure his players don't lose the urgency they've had much of the season, especially with only a dozen games left before the post-season. The Hawks next play at Orlando on Wednesday.

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It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Your powers of persuasion are such that you can get almost anything you desire. But don't be too pushy, especially on the work front.

♉ Taurus

April 21 - May 21

Venus in your sign means you can get almost anything you want – and if you don't believe that now you will before the day is over.

♊ Gemini

May 22 - June 21

Don't worry too much if you don't get much done over the next 24 hours. Give yourself a rest and do what makes you feel good rather than what gets you ahead.

♋ Cancer

June 22 - July 23

You can no longer rely on other people to come to your rescue if you mess up. You got away recently with it because others caught you but now the safety net has gone.

♌ Leo

July 24 - Aug. 23

Something will happen today that makes you realize how much more is possible and how far short of your potential you have been falling.

♍ Virgo

Aug. 24 - Sept. 23

You need to get away from your current environment. You may not be able to get away immediately but what you decide today will make it easier for your future escape.

♎ Libra

Sept. 24 - Oct. 23

Don't be too eager to uncover other people's secrets or they may start digging around in your affairs — and who knows what they might find!

♏ Scorpio

Oct. 24 - Nov. 22

With Venus, planet of harmony, moving through your opposite sign you will have to follow as much as you lead. A partnership begun now will bring advantages for both of you, so try sharing.

♐ Sagittarius

Nov. 23 - Dec. 21

Everyone you meet will be nice to you today and you will be nice back. However, don't let your guard down because one such "nice" individual has designs on your money.

♑ Capricorn

Dec. 22 - Jan. 20

This is a good time to start something creative. It may take up a lot of your time but what you get back will more than balance what you put in.

♒ Aquarius

Jan. 21 - Feb. 19

Venus will ensure that family affairs go smoothly in the near future. If there have been any disputes now is the time to sort them out together.

♓ Pisces

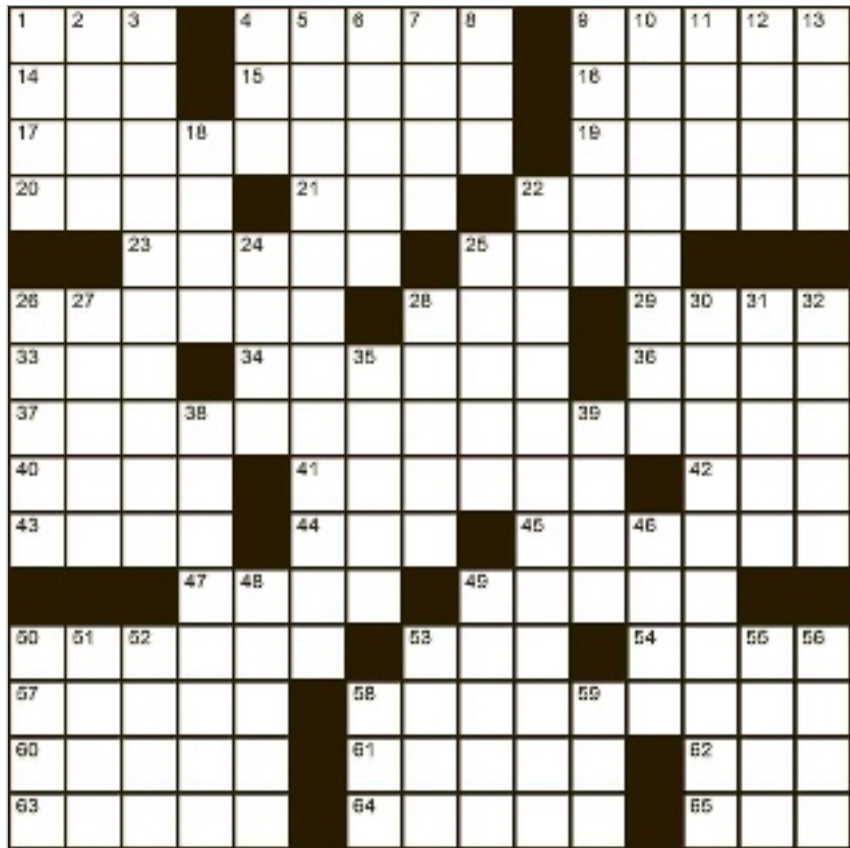
Feb. 20 - March 20

This is a good day to get out and about. If you make new friends over the next 24 hours they may well become friends for life.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "60 Minutes" network
4. 3501 in Old Rome
9. Rascalion
14. Be delinquent with dollars
15. Sailing spot
16. Ms. Sharapova of tennis
17. Posh procession
19. Administer
20. ___ and terminator
21. Add-___ (Accessories)
22. Noisy floor effects
23. Approach
25. Fantastic tale
26. Bakery bargain, ___ bread
28. Brooch
29. Herman Melville tale
33. "Lager and ___" by Kim Mitchell
34. ___ = The sixth letter of 'Toronto'
36. Placing
37. Sugar to a strawberry or salt to a tomato: 2 wds.
40. Campsite warmer
41. "Fine then.": 3 wds.
42. Sports org.
43. "___ can." (Cando attitude)
44. "Dancing with the Stars" co-host ...her initials-sharers
45. First Greek letters
47. Their: French



49. A-List
50. Symbol
53. ___ rata
54. Constellation bear
57. More achy
58. Listener's picks of songs

60. Somewhat
61. Canadian singer Ms. Gallant
62. "___ la la!"
63. Have a hunch
64. Mariner's measures
65. Voter's 'no'

Down

1. Ice-T's wife
2. New York's theatrical destination, fun-style
3. 1756 to 1763 conflict, ___ War
4. Actress Gretchen

5. Montreal history/arts attraction: 2 wds.
6. Stands for
7. Cookies brand
8. 'Hero' suffix
9. Intelligent
10. Gordon Lightfoot seafaring tune:

- "Ghosts of ___"
11. Italian harp
 12. Sealtest product
 13. Compensates
 18. Prefix that means 'Mars'
 22. CTV's "The Social" co-host: 2 wds.
 24. Too
 25. Writer A.A.
 26. Mr. Duck
 27. Rachel McAdams' "The Notebook" (2004) role
 28. Non-Royals
 30. "The Marilyn Denis Show" expert Charles the Butler's surname
 31. Big lake of Russia
 32. Gumbo veggie [pl.]
 35. Bellowing
 38. Like a bride without any head covering
 39. Mythical Hun king
 46. Cute-sounding "Ick!"
 48. Uncanny
 49. Love poetry Muse
 50. After-the-name courtesy titles for gents [abbr.]
 51. Grimace
 52. Fibre cereal
 53. Scheme
 55. Ancient colonnade
 56. Cinder-like
 58. Walther ___ (James Bond firearm)
 59. Fleur-de-___

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

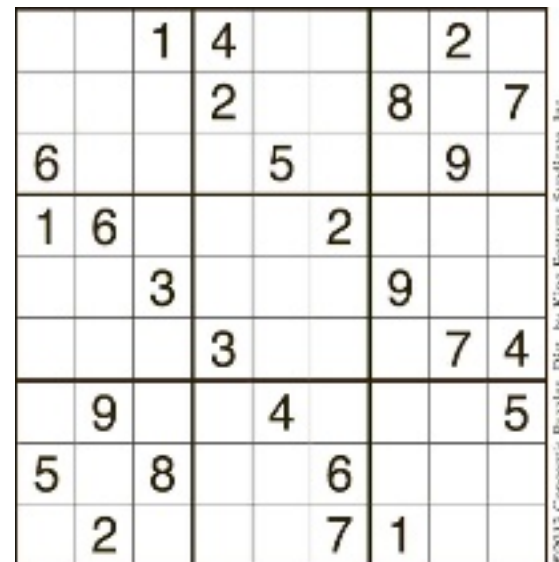


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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